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U. S. DEPT. OF
AGRICULTURE



U. S. FOOD
ADMINISTRATION

RICE

YOU need not tire of rice, for it can be served in so many different ways.

As a breakfast cereal.—Served hot or cold with top milk or with fruit it is delicious.

As a starchy vegetable it can take the place of bread. Serve it hot, buttered, or with gravy. It is especially good with chicken.

In soup making.—For thickening use the water in which rice cooked. Cooked rice is also an addition to soup.

In breads.—Use it in quick breads or in Victory bread.

Instead of bread crumbs in scalloped dishes, for loaves, or stuffing.

For desserts.—You can make good and nutritious rice desserts. Let rice dishes find their way to your table often.

THE ART OF COOKING RICE.

Southern people, who use more rice than the other people of the United States, have many good methods of cooking it. They will tell you that rice when well cooked has each grain well swollen but separate from every other grain.

To Boil Rice Southern Style.—Have a quart of water boiling rapidly. Add a level teaspoon of salt. Wash a cup of rice carefully and add it a little at a time, slowly so that the boiling does not stop. Boil for about 20 minutes or until a grain taken between the finger and thumb is soft. Drain through a colander and pour a little hot water through the rice to separate the grains. Cover with a cloth and set in a warm place on the stove for about 10 minutes to allow the grains to swell, or place it in the upper part of a double boiler over hot water,



cover, and allow to steam. If you cook rice in this way the water in which the rice is cooked should be saved, as much starchy material is left in it. Use it for thickening soups. One cup of raw rice makes four cups of boiled rice.

Other Ways to Cook Rice.—Some people prefer to cook rice in a double boiler so that none of the food material is lost. If you cook rice in this way, use only $2\frac{1}{2}$ or 3 cups of water to 1 cup of rice. Have the water boiling in the upper part of the double boiler, add a teaspoon of salt and a cup of well-washed rice. Cover and allow to cook over water until the grains are soft. When rice is cooked in this way, the product is more moist than when cooked Southern style, so when used in scalloped dishes or in breads less liquid is required.

Rice cooked in milk.—If you have plenty of skim milk, try this way. Use 4 or $4\frac{1}{2}$ cups of milk to 1 cup of rice. Add the rice to the hot salted milk and cook until the milk is absorbed and the grains soft. The milk greatly increases the food value of the dish.

Rice prepared in any of these ways may be used for making many dishes.

RICE IN PLACE OF BREAD CRUMBS.

As a Basis for Scalloped Dishes cooked rice may be combined with vegetables, meat, fish, cheese, or nuts to make dishes that may serve acceptably as the main part of a meal. Try this oyster scallop.

OYSTER SCALLOP.

3 cups cooked rice.	1 tablespoon cornstarch.
1 pint fresh oysters.	1 tablespoon fat.
1 cup chopped celery.	$\frac{1}{2}$ teaspoon salt.
1 cup milk.	$\frac{1}{8}$ teaspoon pepper.

Make a white sauce by melting the fat, stirring in the cornstarch, salt, and pepper, then adding the milk. Stir over the fire until thickened. Arrange in a baking dish alternate layers of rice, oysters, celery, and white sauce until the dish is nearly full. Let a layer of rice cover the top. Bake for 20 minutes in a moderate oven.

As Stuffing for Peppers and Tomatoes.—Rice mixed with seasonings and a little minced meat, ground nuts, or grated cheese makes a good stuffing for tomatoes or green peppers.

As Stuffing for Meats.—Try stuffing chicken or fish with rice. A stuffed steak is also good.

STUFFED STEAK.

1 pound round steak.	2 tablespoons chopped parsley.
2 cups boiled rice.	1 teaspoon onion juice.
Salt.	Paprika.

Blend the rice with the seasoning. Pound the steak until thin. Spread the steak with a layer of the rice stuffing about $\frac{3}{4}$ of an inch thick. Roll and tie in shape or fasten with skewers. Put in a covered pan with enough water to keep from burning and cook in the oven for 30 minutes. Take off the cover and brown before removing from the oven. Thicken the stock left in the pan for gravy. Or, if preferred, make individual servings. Cut a 3-inch square of steak, place a tablespoon of the dressing in the center, roll the steak around it and fasten. Place in a pan with a little water and cook as the roast was cooked. These are very good served with a tomato sauce.

MEAT SUBSTITUTE LOAF.

1 cup cooked salted rice.	2 tablespoons chopped onion cooked
1 cup crushed peanuts.	until soft in $\frac{1}{2}$ cup water.
1 egg.	1 tablespoon fat.
1 cup cottage cheese.	$\frac{1}{4}$ teaspoon pepper.
	1 teaspoon salt.

Make into a loaf and bake. Serve hot with tomato sauce.

OTHER HEARTY DISHES USING RICE.

RICE SOUFFLE.

Delicious for a breakfast dish.

3 eggs.	1 cup medium white sauce.
1 cup cooked rice.	

Beat the yolks and add to the white sauce made as in the Oyster Scallop. Add the boiled rice. Beat whites very light and fold in the other materials. Turn into a greased skillet and cook as an omelet at moderate heat until the under surface is browned, then turn out on a hot plate, or, bake in a greased pan in the oven until a knife blade when inserted in the center comes out clean. Three tablespoons grated cheese may be added if desired.

See also the recipes in other leaflets.

Calcutta Rice,	Leaflet No. 8.
Dried Peas and Rice,	Leaflet No. 3.
Kidney Bean Stew,	Leaflet No. 8.
Creamed Peanuts and Rice,	Leaflet No. 8.
Rice Spinach Loaf,	Leaflet No. 9.

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RICE IN BREADS.

SOFT RICE BREAD.

1 cup cooked rice.	$\frac{3}{4}$ teaspoon salt.
$\frac{1}{2}$ cup corn flour.	1 tablespoon fat.
1 cup milk.	1 egg.

Mix the rice, fat, salt, and well-beaten yolk of egg. Add the flour and milk. Mix thoroughly and fold in the well-beaten white of egg. Pour into a greased baking dish and bake $\frac{1}{2}$ hour in a moderate oven.

RICE CORN BREAD.

$1\frac{1}{2}$ cups cooked rice.	$\frac{3}{4}$ teaspoon salt.
$1\frac{1}{2}$ cups corn meal.	1 egg.
4 teaspoons baking powder.	1 tablespoon fat.
1 cup milk.	

Mix as ordinary corn bread. Bake in a loaf. Corn flour may be used in place of corn meal.

RICE DESSERTS.

Molded Rice.—Press the rice while warm into individual molds. Unmold when cold and serve with fresh fruit and cream. Crushed strawberries and rice served in this way are especially good.

Rice Custard.—Add a cup of boiled rice to soft custard.

Stuffed Apples.—Stuff the center of whole cored apples with boiled rice and raisins.

CREAMY RICE PUDDING.

1 quart milk.	1 teaspoon salt.
$\frac{1}{3}$ cup rice (uncooked).	$\frac{1}{8}$ teaspoon ground nutmeg.
$\frac{1}{3}$ cup sugar.	

Wash the rice, mix all the materials together, and bake for three hours in a very slow oven, stirring down frequently.

